



Food  Share

2011

Good Healthy Food for All!

FoodShare's Vision: Good Healthy Food for All!

Founded 26 years ago to address hunger in our communities, FoodShare takes a unique multi-faceted and long-term approach to hunger and food issues. We work with communities to empower individuals, families and neighbourhoods through food-based initiatives, while at the same time advocating for the broader public policies needed to ensure that everyone has adequate access to sustainably produced, good healthy food. Working “from field to table,” we focus on the entire system that puts food on our tables: from the growing, processing and distribution of food to its purchasing, cooking and consumption.

We pioneer by illustrating what is possible, creating empowering tools and replicable, scalable solutions (food programs) to combat universal food problems, then we partner with communities, facilitating their own strengths and knowledge to adapt and grow solutions. This community development partnership model means that our work is leveraged exponentially, garnering effects that grow as each tool or model is adapted and passed along to others.

Our community food programs, which reach over 145,000 children and adults per month in Toronto, include Student Nutrition, Field to Table Schools, the Good Food Café, Focus on Food youth internships, the Good Food Box, Good Food Markets, Fresh Produce for Schools and Community Groups, Baby and Toddler Nutrition, Community Kitchens, Field to Table Catering, the FoodLink Hotline, Power Soups, Community Gardening, Composting, Beekeeping and Urban Agriculture.

Join us in putting food first to build healthy communities. Together, we will make Good Healthy Food for All a reality!





FoodShare's Board of Directors

Nancy Carr (*Co-secretary*)

Jolene Casella

Michael Firmani

Dr. Julia Lee (*Chair*)

Mark Krakowski

June Marks

Liam McQuade

Maria Nunes (*Co-secretary*)

Jenn Pfenning

Marisa Piatelli

Wayne Roberts

Chris Singh (*Treasurer*)

Hélène St. Jacques

Wendy Wright (*Vice-chair*)

Thank You for your Commitment to making Good Healthy Food for All a Reality!

Warm thanks to all those who support FoodShare, from the visionary ongoing commitment of our donors, to core funders United Way Toronto and the City of Toronto, and all the foundations, levels of government, faith groups, unions and corporations, who in combination with hundreds of volunteers, staff and community partners help FoodShare make a difference in the lives of so many in the City of Toronto.

For major donations to specific projects, FoodShare would like to thank Ace Bakery, Ariad Communications, The Big Carrot, Carrot Cache, Catherine Donnelly Foundation, Cedric Metcalf Foundation, Earth Day Canada, Friends of the Greenbelt Foundation, Heart and Stroke Foundation of Ontario, George Weston Ltd, Heifer International, Hyatt Foundation, Rotary Club of Toronto, Ontario Trillium Foundation, Sprott Foundation, Toronto Community Foundation, Toronto Foundation for Student Success, United Way Toronto, the City of Toronto, the Province of Ontario and the Government of Canada.





FoodShare Staff and Program Directory

Adrienne De Francesco (<i>Communications & Fundraising</i>)	226	Debbie Field (<i>Executive Director</i>)	228
Alvin Rebick (<i>Kitchen & Good Food Café</i>)	251	Deko Jamac (<i>Community Food Animation</i>)	227
Amelia Boyd (<i>Student Nutrition</i>)	271	Delsie Hyatt (<i>Good Food Box</i>)	234
Ana Maria Santinoli (<i>Community Food Animation</i>)	277	Edward Scott (<i>Good Food Programs</i>)	244
Angela ElzingaCheng (<i>Community Food Programs</i>)	227	Fiona Bowser (<i>Student Nutrition</i>)	265
Angie Olmstead (<i>Student Nutrition</i>)	271	Glenn Kitchener (<i>Good Food Programs</i>)	244
Ayesha Khalid (<i>Student Nutrition</i>)	271	Gloria Padilla (<i>Finance</i>)	237
Bill Jenei (<i>Good Food Programs</i>)	244	Ian Hepburn-Aley (<i>Community Gardens & Urban Farming</i>)	241
Brenda Riccardi (<i>Student Nutrition</i>)	271	Iris Martinez-Siles (<i>Student Nutrition</i>)	271
Brooke Ziebell (<i>Field to Table Schools</i>)	278	Jackson Foster (<i>Fresh Produce Program</i>)	242
Cafeon Nembhard (<i>Good Food Programs</i>)	243	Javon Edwards (<i>Community Food Animation</i>)	227
Carolynne Crawley (<i>Field to Table Schools</i>)	239	Jesus Gomez (<i>Kitchen and Youth Programs</i>)	235

90 Croatia Street, Toronto, ON M6H 1K9

Reception: 416-363-6441 ext 221

Fax: 416-363-0474

FoodLink Hotline: 416-392-6655

All phones are extensions of 416-363-6441

Emails: firstname@foodshare.net (e.g. debbie@foodshare.net)

All phones are extensions of 416-363-6441 *Emails:* firstname@foodshare.net (e.g. debbie@foodshare.net)

www.foodshare.net

Julia Rhodes (<i>Fundraising</i>)	272	Nadira Yasmin (<i>Student Nutrition</i>)	271
Justin Nadeau (<i>Urban Agriculture</i>)	280	Noellie Sotomayor (<i>Student Nutrition</i>)	271
Katie German (<i>Focus on Food & Field to Table Schools</i>)	279	Opal Sparks (<i>Community Food Animation</i>)	252
Kim Houchen (<i>Student Nutrition</i>)	271	Orion Wilson (<i>Good Food Programs</i>)	244
Leonard Abel (<i>Kitchen & Good Food Café</i>)	251	Rachel Van Slightenhorst (<i>Community Food Animation</i>)	222
Lesley Ritchi (<i>Student Nutrition</i>)	271	Shawn Rostami (<i>Good Food Programs</i>)	244
Liz Kirk (<i>Urban Agriculture</i>)	225	Sherri-Anne Medema (<i>Student Nutrition</i>)	271
Mark-Jan Daalderop (<i>Good Food Programs</i>)	275	Sybil Pinnock (<i>Catering & Power Soups</i>)	232
Mat Palmer (<i>Student Nutrition</i>)	271	Toni Panzuto (<i>Baby and Toddler Nutrition</i>)	253
Meredith Hayes (<i>Schools & Student Nutrition</i>)	240	Tony Metatawabin (<i>Kitchen & Good Food Café</i>)	251
Mike Nevin (<i>Composting</i>)	231	Ulla Knowles (<i>Student Nutrition</i>)	266
Moorthi Senaratne (<i>Good Food Programs</i>)	244	Zahra Parvinian (<i>Social Enterprise</i>)	233
Mylee Nordin (<i>Beekeeping</i>)	241	Zola Dyer (<i>Finance</i>)	229





Direct Fresh Produce Access:

The Good Food Box, Good Food Markets, Bulk Fresh Produce Program

FoodShare's Good Food programs connect individuals and communities with healthy, fresh, affordable and culturally diverse fresh vegetables and fruit, increasing the consumption of healthy produce, improving the income of small family farms, and creating vital community-building opportunities.

The Good Food Box delivers top-quality fresh produce to all, while fostering community development. Customers pay the cost of the produce itself (starting at just \$12), while distribution is subsidized. We deliver 4,500 bountiful boxes every month through 200 volunteer-run drops. FoodShare provides training and produce to support the operation of 20 **Good Food Markets** run by local groups in under-resourced neighbourhoods. These vibrant markets make available the same top-quality fruits and vegetables that go into the Good Food Box, but allow shoppers to purchase in quantities that meet their cash flow needs, at the same time creating public space and breaking down social isolation. FoodShare's **Bulk Fresh Produce Program** provides affordable and healthy fresh produce delivered directly to 250 schools, parenting and child care centres and community agencies on a weekly basis.

January

February

S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28					
30	31												



Childhood Nutrition:

Student Nutrition, Field to Table Schools, Bendale Market Garden, the Good Food Café

FoodShare addresses childhood nutrition with a multi-faceted approach that brings food to life with skills that lay a healthy foundation for a whole new generation. As a key partner in the Toronto Partners for **Student Nutrition**, we provide the community organizing for 800 universal student nutrition programs in which more than 133,000 children and youth in the city of Toronto access healthy and culturally appropriate meals every day. Our **Field to Table Schools** program works with educators, parents and students to return Food Literacy to schools through curriculum connections and hands-on activities from Junior Kindergarten through Grade 12. Our healthy cafeteria pilot, the **Good Food Café**, proves that children will choose to eat healthy food at school. The Toronto Star called it “the future of school lunches.” And in 2010 we saw the first glimpse of the fully integrated future of food in schools. With FoodShare’s help, **Canada’s first school-based market garden** was created at Bendale Business and Technical Institute in Scarborough where every day students plant, grow, and harvest vegetables and fruit on the former front and back lawns of their school, cook the food in culinary arts classes, and then serve it in the cafeteria. *Please turn to the back of this calendar for news of our Recipe for Change initiative, which takes our vision for food in schools to new heights!*

March

April

S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30



Cooking:

Baby and Toddler Nutrition, Community Kitchens, Power Soups, Field to Table Catering

The kitchen is at the heart of FoodShare. Every day our kitchen staff lovingly prepares and serves fresh, healthy, affordable, multiculturally sensitive food for our family of staff, volunteers and guests. A hub of activity, FoodShare's kitchen also models healthy, sustainable food through **Field to Table Catering**, houses our **Baby and Toddler Nutrition** program, functions as a test kitchen by modeling and disseminating its recipes and strategies, provides cooking and budgeting workshops, prepares nutrient-dense **Power Soups** that are delivered by community agencies to the homeless, and supports **Community Kitchens**. Kate's Kitchen (pictured) is a community kitchen for women following their treatment for breast cancer. It is held monthly in FoodShare's kitchen and provides invaluable psycho-social supports for the women involved, a monthly cooking lesson and a consistent support to eat and cook healthy foods.

May

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		





Say Yes to Food!

Focus on Food Program

FoodShare's **Focus on Food youth internship program** provides marketable skills and experience in all our programs with added life-skills workshops and support, helping youth to build a healthy future and the confidence that they can put healthy food first to change their lives. Now in its 12th year, more than 250 Focus on Food graduates have gone on to find meaningful work or go back to school after they completed the program and we hope they continue to prioritize food in their lives.

July

August

S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30	31			
31													





Community Development:

Good Food Markets, Community Gardens, Community Kitchens

FoodShare recognizes that long-term systems change and Good Healthy Food for All can only happen when we work together, creating solutions that build on the energy and strengths of many. We create empowering tools and replicable, scalable solutions - community food programs - to combat universal food problems, then we partner with communities in facilitating their own strengths and knowledge to adapt and grow solutions. Our community food animators work with partners to help neighbourhood leaders and community organizations bring food to life with **Good Food Markets, Community Gardens** and **Community Kitchens**, supporting communities in meeting their own food needs and creating healthy futures. This community development partnership model means that our work is leveraged exponentially, garnering effects that grow as each tool or model is adapted and passed along to others.

September

October

S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					





Growing:

Community Gardens, Urban Agriculture, Beekeeping and Composting

FoodShare promotes Community Gardening and Urban Agriculture everywhere from city parks to abandoned lots to schoolyards and institutional spaces, where gardeners grow food for their families, beautify their neighbourhoods and get in touch with nature's cycles. Our mid-size **Composting** operation produces thousands of pounds of the city's best compost every year, processing all the food waste from our kitchen and produce programs. In our onsite **Demonstration Gardens**, we grow hundreds of pounds of organic food for our kitchen and demonstrate that edible plants can create beautiful formal landscapes while providing food. And we work actively in a number of partnerships: supporting hundreds of gardens in the **Toronto Community Gardening Network**, bringing together urban farmers, backyard, allotment and balcony gardeners in the **Toronto Urban Growers network**, and supporting beehives that produce honey in the city in partnership with the **Toronto Beekeepers Collective**. Working with the Centre for Addiction and Mental Health (CAMH) we help run **The Sunshine Garden**, Toronto's first market garden, and we also help facilitate the **Bendale Market Garden**, Toronto's first school market garden.

November

December

S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31





FoodShare's Recipe for Change: A Key Focus in 2011

At FoodShare, we're cooking up a **Recipe for Change**: reminding children what food is and where it comes from, teaching that healthy food also tastes good, and helping them to choose it for themselves.

After many years of mapping curriculum connections to food and creating innovative workshops, tools and resources for teachers and students in our **Field to Table Schools** program, FoodShare is taking this work to a new level, leading the charge to embed food education in the Ontario curriculum and make Food Literacy a requirement of graduation for our students.

Recipe for Change will take our vision for students to new heights: a Good Food Cafe in every school, and all students being taught to cook, garden and compost throughout all the subject areas. This initiative aims to mobilize students, educators, families, farmers, policy-makers and key decision-makers to become involved in integrating cooking, gardening, composting, nutrition and food literacy into the provincial curriculum and school practices from Junior Kindergarten to Grade 12.



Food Share



Executive Director Debbie Field in our Footprint Garden

Please visit us!

90 Croatia Street
Toronto, ON M6H 1K9

Our main entrance is on
Brock Avenue,
one block West of Dufferin and
one block South of Bloor.

Phone: 416-363-6441

Fax: 416-363-0474

Good Healthy Food for All!

